



Adaptive Recreation **SPRING INTO SUMMER**

Activities for youth ages 3-17 years with Intellectual and Physical Disabilities



Address: 201 4th Street SE #150

Rochester, MN 55904

Phone: (507) 328-2539

Email: kmeyer@rochestermn.gov

Web: www.rochestermn.gov/departments/park

Registration: Monday-Friday, March 7-18

The Adaptive Recreation Program

The Parks & Recreation Department offers a year-round therapeutic sports and leisure program for persons with intellectual and physical disabilities ages 3 years and older.



Our program delivers accessibility to healthy social and recreational opportunities designed to meet the vast & unique needs of our participants implemented with the assistance of a well-trained and caring staff.

FAMILY & FRIENDS!

We are happy to announce that inclusive opportunities for our patron's family to participate in program activities sponsored by the Adaptive Recreation Division!! Activities are identified within this catalog by the ★ symbol!! Be sure to gather up those you love to hang out with and invite them to register for some exciting activities with you!

SHARE!

If you know someone who would benefit from our program or would like to learn more about what we offer, invite them to contact the Coordinator of Adaptive Recreation at (507) 328-2539 or kmeyer@rochestermn.gov

REGISTRATION GUIDELINES:

***Monday-Friday, March 7-18, 2016**

*Operates on a first come/first serve basis: activities may fill before the deadline.

*After the closing date and if wishing to register for a program or activity, call (507) 328-2539 for program availability, otherwise they may be full and registration will be returned.

HOW TO REGISTER

Financial transactions will not be accepted outside of the options listed below; please follow these instructions when registering for activities.

***Online Registration (Credit Card Only)**

1. Go to www.rochestermn.gov/departments/park
2. Select Classes & Programs
3. Select Adaptive
4. Read information on Adaptive Recreation webpage and follow registration steps.

***By phone:** (507) 328-2539

(Credit Card Only: Visa, Master Card, Discover)

***In person**

***By Mail**

Check, Money Order, Cash,
Credit Card or Consumer Support
Grant

***Consumer or Family Support Grant:**

Complete and return registration form and be sure to indicate on form the name of the Fiscal Agent, the contact person and their email address in the space provided.

MAILING AND CONTACT



Phone:

(507) 328-2539

Hours:

Monday-Friday, 8:00 am-5:00 pm

Address:

201 4th Street SE #150

Rochester, MN. 55904

Email Address:

kmeyer@rochestermn.gov

Web Address:

www.rochestermn.gov/departments/park



Participation Guidelines

When participating in Adaptive Recreation programs, you agree to the terms listed in each program description within this catalog as well as the following:

Drop off: is allowed 15 minutes prior to the start time of the activity and **NO SOONER.**

Pick Up/Late Fee Policy: There will be a \$9.00 late fee charged for pickups after the program end time has passed. The fee will increase an additional \$9.00 every 15 minutes. Participation can resume once the balance is paid to the Parks & Recreation Department. Considerations will be made in extreme cases.

Absences: If participant is sick or unable to attend their scheduled activity, **notification is requested** and can be made to Karen Meyer at (507) 328-2539 or to kmeyer@rochestermn.gov

Registration: Participants must be registered through the Parks & Recreation Department in order to attend activities. To be considered registered, a registration form along with payment must be received by the Department prior to the day of the activity. Additionally roommates, friends, siblings, etc. must be registered as well in order to participate.

Cell phones: Should be kept on silence or turned off during activities. If participants, parents, guardians, or support staff must make or take a call during an activity, they will be asked to step outside the program area so as not to interrupt the activity.

Snacks, Gifts, etc: Water is allowed, however exceptions for other types of beverages can be made for those with medical needs. Flowers, gifts, cards, etc. can be given AFTER the program and in a more private setting.

Refunds:

For a full credit or refund, cancellations must be made 24 hours prior to an activity. Less than 24 hour notice will result in pro-rated or in no credit or refund dependent on the activity.

To cancel, please contact the Coordinator of Adaptive Recreation by phone to (507) 328-2539 or by email to kmeyer@rochestermn.gov.

Termination of Services: Notice of Termination will be given to participant and/or participant's representative in writing upon evidence of either one or both of the following conditions:

1. Emotional, abusive, or dangerous behavior that presents an immediate threat to the health and safety of the client, other program clients or program staff.
2. Chronic or acute medical problems or conditions, or behaviors that place the client at immediate risk, and that require health care and/or supervision which exceed the capabilities of the department.



Rochester Parks & Recreation Department
Rainout Phone #(507) 226-9406

Rainout program allows us to more consistently and successfully keep you updated on the daily status and changes of activities sponsored by the Parks & Recreation Department.

Updates will be available daily at 4:15 p.m.

***Option 1:** To opt in for Email/Text Alerts visit <http://rainoutline.com/subscribe/notify/5072269406/0>

***Option 2:** Call in and listen to recorded message by calling our Rainout Line at (507) 226-9406.

NOTE: Program participants or their representatives will be responsible to call on the day of their activity.

"DANCING WITH ANGELS"



The annual "Dancing with Angels" celebration dance in memory of Sara Bea is scheduled for Saturday, June 4 from 6:00-8:00 p.m.

Mark your calendar & plan to join the fun & celebration!

**RSVP's appreciated to The Bea Family
(507) 254-5902 . . . directions will be given by phone.**

SWIM PROGRAM

Classes are designed for a variety of swim and ability levels with one:one assistance; please see class descriptions below to find the 'best fit' for your swimmer!

WHO: Youth ages 3-17
DATES: Mondays, April 11-May 23
LENGTH: 6 classes



CLASS CRITERIA & DESCRIPTION **Limited space in each level!**

BASIC LEVEL: This class we will work on basic water skills and have fun acclimating and playing in the water with toys and flotation devices. **1:1 assistance.**

MODERATE LEVEL: This class presents basic swim skills such as floating, paddling, kicking on both front and back with/without assistance. **1:1 assistance.**

ADVANCED LEVEL: This class is for swimmers who are well adjusted to the water and are more advanced in swim skills including kicking; floating on both front and back, progressive paddle stroke, treading water. Also for swimmers who need to develop or maintain endurance which will be done through deep end lap swim. **Students will be assessed for either 1:1 or 1:3 assistance.**

5:00-5:30 p.m.	5:30-6:05 p.m.	6:10-6:50 p.m.
BASIC LEVEL	MODERATE LEVEL	ADVANCED LEVEL

COST: **\$70**

LOCATION: The Rochester Family "Y."

NOTE: Swimmer are required to wear a swim diaper and a plastic pant to participate if they are incontinent.

★ BOWLING



First time bowlers will learn to find shoes, bowling balls, and lanes as well as learn bowling skills that suit their learning style. Experienced bowlers will be supported as needed by staff. Participants will be placed on lanes of like abilities & ages.

WHO: Ages 4-17 years
DATES: Tuesdays, April 12-May 17
LENGTH: 6 Classes
TIME: 4:15 p.m.-5:30 p.m.
Games start @ 4:15 p.m. prompt.
COST: \$55/individual
LOCATION: Colonial Lanes Bowling Alley

MUSIC 4 YOUTH

Music therapy interventions focus on enhancing social, communicative, motor/sensory, emotional, and academic/cognitive functioning, or music skills in individuals with cognitive challenges.



Board Certified Music Therapist Jenny Kruse

WHO: Youth ages 4-17
DATES: Wednesdays, April 6-May 25
LENGTH: 6 weeks
TIMES: 3:30-4:10 p.m. ~ Ages 15-18
4:15-4:45 p.m. ~ Ages 3-9
4:45-5:15 p.m. ~ Ages 10-14

COST: **\$125**
LOCATION: Bear Creek Services, 3108 Hwy. 52 N



THE GROOVE CREW

Join the crew for a fantastic hour of dancing and music. Pick up some new moves or hone your dance moves with favorites like the Cha-cha Slide, the Cupid Shuffle. Wear



loose fitting clothes & comfortable shoes because we'll be footloose and fancy free for a fun hour of groovin' to the music!

WHO: Mixed age class of 13 and older!
LENGTH: 5 classes
TIME: 6:00-7:00 p.m.
DATES: Wednesdays, April 13-May 11
COST: **\$25/individual**
LOCATION: All Purpose Room,
 John Marshall High School.



Yoga-Zumba Class

Combine the benefits of Yoga (increased flexibility, muscle toning, and increased concentration) with the benefits of Zumba (weight loss, stress release, enhanced mood) and you've got a power-packed health & fitness class in one 60-minute session!



WHO: Mixed-age class for individuals with intellectual challenges 13 years and older, **male & female!**
 Family members welcome too!
TIME: 5:45-6:45 p.m.
DATES: Thursdays, April 14-May 19
COST: **\$65.00/person**
LOCATION: Bear Creek Services 3108 Hwy. 52 N.
 (along the EAST Frontage Road near
 Park Institute of Tai Kwan Do)

NOTE: Participants should bring their own yoga mat or towel. Mats can be purchased from Wal-Mart, Target, Shopko, or any sporting goods store from \$9.00 on up. Also check at Savers, Goodwill, Salvation Army, etc. Be sure to wear loose, comfortable clothing and bring a water-bottle!



Girl Scouts®
 Where Girls Grow Strong SM

Just for girls (of all ability levels): we'll celebrate, discover, and connect with other girls while learning about and earning badges, playing games, working on projects, and making crafts! Girls will be awarded badges at the end of the session celebrating their accomplishments!

WHO: Girl ages 4-18 years
(Sisters in the same age range are welcome to register)
DATES: Thursdays, April 7-May 19
LENGTH: 7 Meetings
TIME: 5:00-6:00 p.m.
COST: \$50/person
LOCATION: Bear Creek Services, 3108 Hwy. 52N.

TEEN SCENE

The "Teen Scene" is where it's at and where "teens" will participate in fun activities fostering friendships and reinforcing proper social skills!



WHO: Ages 13-18 years
DATES: Fridays, April 8-May 20
(no activity May 6)
LENGTH: 6 Nights
TIME: 6:30-8:00 p.m.
COST: **\$65**
LOCATION: We will be moving around to other locations this session: an activity schedule will be emailed to you and also available online the week after our pizza dinner & planning night at Bear Creek Services on the first night of April 8th!

STAY-N-PLAY

Co-sponsored with Bear Creek Services Inc.

A Saturday **"play-date"** where youth will play and participate with other children in a variety of fun and energetic activities including arts, crafts, dramatic play, physical activity and music! Bring a lunch and beverage . . . afternoon snack provided!



Limited space.

WHO: Ages 4-12
LENGTH: 2 dates
TIME: 10:00 a.m.-3:00 p.m.
DATES: April 16 & May 21
STAFFING **1:1 = \$120**
1:2 = \$80
1:3 = \$60
OPTIONS:
LOCATION: Bear Creek Services, 3108 Hwy. 52 N

SPRING FLING DANCE!

Put on your dancing shoes 'cause we're going to SPRING into action on the dance floor. Refreshments and fun are also on the 'menu!'



TIDBITS: ***Must register by 5:00pm on Thursday, May 5, to attend.**
***No one under 13 will be admitted.**
***Bring supervision!**

WHO: Mixed age activity for persons 13 years & older
DATE: Friday, May 6
TIME: 6:30-8:30 p.m.
COST: **\$10**
LOCATION: Willow Creek Middle School Gym

DAY CAMP

We'll be busy with arts, crafts, games, music, swimming, and a host of other fun summer-time activities!



WHO: Persons 4-21 years of age (participant must be attending a school-based program in the fall to attend)
TIME: 1:00-5:30 p.m.
LOCATION: West Silver Lake Picnic Shelter

STAFFING OPTIONS

To ensure a good 'fit' select the best staffing option for your son/daughter from the options below or contact the Coordinator of Adaptive Recreation at (507) 328-2539 for assistance.

1:1 staff to client: \$255.00/week

Child requires close assistance and/or supervision based on one or more of the following vulnerabilities: age, behavioral and/or medical issues.

1:2 staff to client: \$175.00/week

Child requires mild-moderate assistance in one or more of the following areas: *Dressing *Eating *Toileting *Mobility *Pool Activities *Communication *Following Directions

1:3 staff to client: \$150.00/week

Child must demonstrate independence in the following areas: *Dressing *Eating *Toileting *Pool activities *Mobility *Communication *Following Directions

**Chose from the following weeks . . .
space is limited.**

Week #1: June 13-17

Week #2: June 20-24

Week #3: June 27-July 1

Week #4: July 5-8
(Off Monday, July 4th)

Week #5: July 11-15

Week #6: July 18-22

Week #7: July 25-29

Week #8: Aug. 1-5

★ **SOCCER**

This fun and popular sport helps individuals of all ability levels increase agility, balance, speed, and coordination. We'll practice ball handling, use of good social skills, and hold weekly scrimmages. Join us for a summer sporting tradition!



WHO: Ages 4 and older!
DATES: Thursdays, June 16-July 28
LENGTH: 7 weeks
TIME: 6:00-6:45 p.m. –Ages 4-12 and siblings!
6:50-7:35 p.m. - Mixed age class of 13 years and older! Siblings welcome to register!
COST: **\$50/person**
LOCATION: The National Volleyball Center – we will practice outdoors on grass when the weather is nice!
TIDBITS: Required: athletic shoes & loose fitting clothes. Bring a water bottle weekly!

The MIRACLE FIELD LEAGUE

THE LEAGUE: Is **FREE** and provides athletes ages 4 years and older with intellectual & physical challenges an opportunity to play the great game of baseball with peers of like abilities. The league is overseen by a volunteer board who oversees aspects of the league including soliciting sponsorships, as well as setting policies & procedures for the program.



THE LOCATION: The Miracle **Field** is located at the Watson Sports Complex on Essex Parkway NW and consists of a solid rubber & barrier-free surface allowing ease of movement for athletes with intellectual, mobility and visual impairments.

TIDBITS:

- *T-shirts will be handed out each leagues first night of games.
- *Smoking is not allowed at the fields or near the children's park.
- *Good sportsmanship is expected.

LEAGUES

YOUTH LEAGUE:

Tuesdays, Jun 14-Aug. 9

WHO: All intellectual & physical ability levels welcome!

GAME TIME:

6:00 – ages 4-8

7:00 - ages 9-12

- *Buddies will be provided as available.
- *No outs, last batter hits everyone home, no official score kept.

FUN LEAGUE:

Mondays, Jun 13-Aug. 8 (no game July 4) or Wednesdays, Jun. 15-Aug. 10.

WHO: All intellectual & physical ability levels welcome!

GAME TIME: Athletes will be assigned a team and game time of either 6:00 p.m. or 7:00 p.m.

- *Games are played on the Miracle Field weekly: games are Mondays, June 13-August 8 (no game July 4) or Wednesdays, June 13-August 10.
- *No outs, no score kept, last batter hits everyone home.
- *Good sportsmanship is expected.

TRADITIONAL LEAGUE:

Mondays, Jun 13-Aug. 8 (no game July 4)

WHO: All intellectual & physical ability levels welcome!

GAME TIME: Athletes will be assigned a team. Game times rotate weekly from 6:00 p.m. and 7:00 p.m.

- *Games are played on a traditional sized turf field and adapted softball rules apply.
- *Umpires run games.
- *Good sportsmanship is expected.

The Miracle Field League

Name: _____

DOB: _____ Age: _____

Phone #: _____

Emergency #: _____

Address: _____
(Street, City, State, ZIP)

Email address: _____

Please indicate **primary disability**:

☐ Intellectual OR ☐ Physical Disability

Select a league:

☐ **Traditional League** - Individuals ages 14 & older (Mondays).

☐ **Fun League** - Individuals ages 13 & older

☐ Monday Nights

or

☐ Wednesday Nights

☐ **Youth** (4-12 years – Tuesdays)

Are there medical or behavioral or vulnerability issues we should be aware of?

☐ No

☐ Yes . . . please explain:

Release & Waiver

The Miracle Field League of Southeastern Minnesota and its officers hereby agree to allow

(Athlete's Name)

to participate in the 2016 Miracle League Ball Program covering months of June-August 2016.

In order to participate in this activity, I agree on behalf of the participant named above to hold the City of Rochester & Miracle Field League agents & volunteers harmless and waive any right to make claims or lawsuits against the League or anyone working on behalf of the City of Rochester & Miracle League for any injuries or damages related to the alleged negligence of the League. This waiver does not apply to any injuries or damages that are the result of any willful, wanton or intentional misconduct. Participation in this activity is voluntary and I understand the effect of this waiver on my legal rights and those of the participant named above.

PHOTOGRAPH/MEDIA RELEASE

☐ I Give

☐ I Do Not give

Permission for my child/consumer's picture to be taken, image used, and name released to the media and/or for Miracle Field League purposes.
older (Mondays)

SIGNED: _____

DATE: ____/____/____

RELATIONSHIP

☐ Self

☐ Parent

☐ Caregiver/Support Staff

SPRING INTO SUMMER

Name: _____

Address: _____

City: _____

ZIP: _____

Date of Birth: ____/____/____

Phone #1: () _____

Emergency Phone #: () _____

Email Address: _____

Step 1: APPLY REFUND/CREDIT ON ACCOUNT

- ☐ We have a refund or credit on our account.
(Subtract from balance when submitting payment)

Step 2: Select Payment Method

☐ Cash = \$ _____

☐ Check/Money Order = \$ _____

☐ Consumer Support Grant:

☐ PossAbilities ☐ Olmsted County

☐ Other Agency: _____
Agency Name

Contact Name

Contact Email Address

☐ Credit Card: __ Visa __ Master card __ Discover

Name on card: _____

Card: _____

Expiration Date: ____/____ 3-Digit Sec. #: ____

Amount to be charged: \$ _____

Select Activities

Spring Session: April - May

<input type="radio"/> Swim	<input type="radio"/> Basic level <input type="radio"/> Moderate level <input type="radio"/> Advanced level	\$70
<input type="radio"/> Bowling	★ Tuesdays 4:30-5:30 p.m.	\$55/person
<input type="radio"/> Music 4 Youth	Wednesdays <input type="radio"/> Ages 15-18 <input type="radio"/> Ages 3-9 <input type="radio"/> Ages 10-14	\$125
<input type="radio"/> The Groove Crew!	★ Wednesdays 6:00-7:00 p.m.	\$25/person
<input type="radio"/> Girl Scouts	★ Thursdays 5:00-6:00 p.m.	\$50/person
<input type="radio"/> Yoga-Zumba	★ Thursdays, 5:45-6:56 p.m.	\$65/person
<input type="radio"/> Teen Scene	Fridays 6:30-8:00 p.m.	\$65
<input type="radio"/> Stay N Play	Saturdays, April 16 & May 21	STAFFING <input type="radio"/> 1:1 = \$120 <input type="radio"/> 1:2 = \$80 <input type="radio"/> 1:3 = \$60
<input type="radio"/> Spring Fling	Friday, May 6	\$10

Summer Session: June-August

<input type="radio"/> Soccer	★ Thursdays See Description for class times.	\$50/person
Day Camp (Must be entering a school-based program in the fall to qualify).	<input type="radio"/> Week #1 June 13-17	Staffing options: <input type="radio"/> 1:3 = \$150 <input type="radio"/> 1:2 = \$175 <input type="radio"/> 1:1 = \$255 ----- <input type="radio"/> 1:3 = \$120 <input type="radio"/> 1:2 = \$140 <input type="radio"/> 1:1 = \$210
	<input type="radio"/> Week #2 June 20-24	
	<input type="radio"/> Week #3 June 27-July 1	
	<input type="radio"/> Week #4 July 5-8 →	
	<input type="radio"/> Week #5 July 11-15	
	<input type="radio"/> Week #6 July 18-22	
	<input type="radio"/> Week #7 July 25-29	
	<input type="radio"/> Week #8 Aug. 1-5	